



OFFICE OF STUDENT SUCCESS

10 Steps to Resilience

1. MAKE CONNECTIONS.

Relationships with family, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.

2. AVOID SEEING CRISES AS INSURMOUNTABLE PROBLEMS.

Highly stressful events could happen to you. You cannot stop this from happening but you can change how you interpret and respond to these events.

3. ACCEPT THAT CHANGE IS A PART OF LIVING.

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. MOVE TOWARD YOUR GOALS.

Develop some realistic goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What one thing can I accomplish today?" Do it.

5. TAKE DECISIVE ACTIONS.

You will be rewarded for action not simply thoughts or words.

6. LOOK FOR OPPORTUNITIES FOR SELF-DISCOVERY.

Explore. Be creative. Live life.

7. NURTURE A POSITIVE VIEW OF YOURSELF.

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. KEEP THINGS IN PERSPECTIVE.

Even when facing very painful events, try to consider the stressful situation in a broader context. Find meaning in any situation.

9. MAINTAIN A HOPEFUL OUTLOOK.

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you do not have or fear.

10. TAKE CARE OF YOURSELF.

Engage in activities that you enjoy and find relaxing. Exercise regularly. Meditation and spiritual practices help some people build connections and restore hope.

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Where to find us

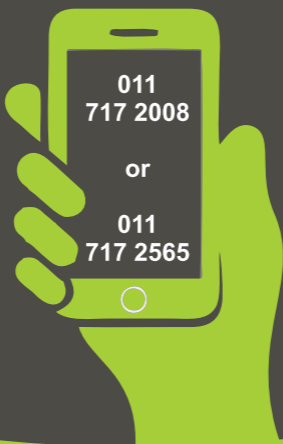
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